



When: Tuesday, May 19, 2015

Where: Marriott
200 Amite Street
Jackson, MS

Cost: FREE

Time: 8:00 a.m. -4:30 p.m.

Provided by National Food Service Management Institute

This training provides a basic overview of nutrition with an emphasis on the importance of balance in daily food choices and the inclusion of physical activity as a key component to good health. The training incorporates a variety of learning activities including short physical activity boosters.

Please use the following link to register [Nutrition 101](#)

This event is sponsored by the Mississippi State Department of Health Office of Preventive Health and the Mississippi Department of Education Office of Healthy Schools